**Eggless chocolate & beetroot blitz & bake cake**

**PREP: 20 MINSCOOK: 1 HR** plus cooling. freezable

**SERVES 10 - 12**

Healthier than your average chocolate cake, this rich and dark bake is lighter on the calorie count

Nutrition: per serving

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Kcal | Fat | Saturates | Carbs | Sugars | Fibre | Protein | Salt |
| 276 | 11g | 2g | 39g | 26g | 2g | 5g | 0.5g |

**Ingredients**

* 100ml rapeseed oil, plus extra for greasing
* 175g (drained weight) vacuum-packed beetroot (not in vinegar)
* 175g dark soft brown sugar
* 200g self-raising flour
* 1 tbsp baking powder
* 50g cocoa powder
* 200g 0% fat natural yogurt
* 2 tsp vanilla extract

For the icing

* 100g icing sugar
* 50g dark chocolate  (at least 80% cocoa solids)
* 1 tbsp cocoa powder
* 3 tbsp skimmed milk
* dark chocolate shavings, to serve (optional)

**Method**

1. Heat oven to 180C/160C fan/gas 4. Grease and line a deep 20cm springform cake tin with baking parchment. Tip the beetroot into a food processor and whizz to a purée. Add the remaining ingredients, along with ¼ tsp salt, and blend until well combined. Scrape into the cake tin, level the surface and bake for 50 mins-1 hr or until a skewer comes out clean.
2. Leave the cake to cool in the tin while you make the icing. Put the ingredients in a small saucepan, heat and whisk until smooth. Cool for 20 mins.
3. Flip the cake onto a wire rack, flat-side up. Pour over the icing and leave to cool completely. Sprinkle with dark chocolate shavings (if using), then serve.

Taken from bbcgoodfood.com